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AFTER CARE INSTRUCTIONS for BRAZILIAN BUTT LIFT (BBL)

MEDICATIONS

- You may be prescribed narcotic pain medication, which you should take as directed and as needed for pain. Do not exceed the prescribed amount, unless instructed by your surgeon.
- Wean yourself off narcotic medication as soon as you are able.
- Take over-the-counter Tylenol (acetaminophen) on a scheduled basis (Ex.: 650mg every 4 hours, or 1000mg every 6 hours) starting on your day of surgery. *If you have liver problems, do not take acetaminophen, unless you have discussed this with your doctor.*
- **DO NOT TAKE MORE THAN 4000 mg** of acetaminophen per a day.
- Your narcotic medication may also contain acetaminophen, so you need to be aware of your total dose from all medications you are using.
- Ibuprofen (ie. Advil, Motrin) or naproxen (Aleve) may be started the same day as your surgery and may be used together with your narcotic pain medications and/or with acetaminophen. *However, do not use ibuprofen or naproxen if you have had problems with stomach ulcers, kidney problems or if you have been told by a doctor not to use nonsteroidal anti-inflammatory drugs (NSAIDs).*
- Wean yourself off acetaminophen and/or ibuprofen/naproxen as soon as you are able.
- Purchase an over-the-counter stool softener (Metamucil, Colace) to use while taking narcotic pain medication. This helps avoid constipation.
- You may resume taking your routine medications, unless your physician instructs you differently.

DIET

- You should resume your normal diet gradually.
- Drink plenty of fluids/ water (eight 8-ounce glasses a day).
- Do **NOT** drink alcohol for 24 to 48 hours after surgery, or while taking narcotics or muscle relaxants.

ACTIVITY

- **AVOID PRESSURE ON YOUR BUTTOCKS FOR 4 WEEKS.**
 - **AVOID SITTING FOR 4 WEEKS AFTER SURGERY.** If you **MUST** sit, only do so with the pressure on the back of your thighs (such as using the pillow), and not the buttocks.
 - Use extreme care when sitting on a toilet. Do not sit for long periods of time.
 - **SLEEPING: Sleep on your stomach only.** If you are unable to sleep on your stomach, you may “float” your buttocks by laying on you back, elevating your body on pillows or cushions except under your buttocks. Avoid pressure on your buttocks.
- **IMPORTANT: To decrease the risk of blood clots after surgery, you should walk regularly, and flex your calf muscles. Except during your normal sleeping time, get up and walk around for at least 5 minutes every hour.**
- You are encouraged to **begin walking the evening of surgery.** While sitting or lying down, alternate moving your ankle up & down several times each hour to help with circulation (flexing your calf muscles).
- You may resume light daily activities as tolerated.

- **SHOWER:** You may shower 1 to 2 days after surgery. Do **NOT** soak, take a tub bath, or swim for 4 weeks, or if there are any openings in the incisions.
- Do **NOT** push, pull, or lift anything heavier than 10 pounds (about the weight of a gallon of milk) for 4 weeks.
- Do **NOT** do strenuous activity or exercise/ activities (running, weightlifting, aerobics, vacuuming) for 4 weeks. When you start exercising, go slowly over 1 to 2 weeks until you are comfortable with more strenuous exercises
- Do **NOT** engage in any sexual activity for at least 2 to 3 weeks; resume when completely comfortable, and able to follow any remaining restrictions.
- Do **NOT** drive or handle heavy machinery while taking narcotics or muscle relaxant medications.

INCISION MANAGEMENT

- Drainage from the incisions is normal for 1-3 days. You may dress the incisions with gauze if desired.
- If there is a strip of tape (Steri-Strip), leave it on until you're your follow up visit. If it accidentally comes off, you may replace with a band aid or a gauze dressing.

COMPRESSION GARMENT

- If you have a tight elastic compression garment on, do not remove it until you follow up with your surgeon. You may shower while wearing it, then let it air dry or use a hand-held hair blow drier. Your surgeon may instruct you to remove the garment prior to showering.
- Wear your compression garment for 4 weeks, and as needed for comfort after that.
- You may remove the compression garment to shower and to wash the garment as needed, after approval by your surgeon. You should replace the garment immediately.
- You will need help removing and replacing the garment the first few times. You may experience some dizziness or feel lightheaded when taking off the garment. Take the garment off slowly and while sitting down.
- While the garment should be snug, it should not be so tight that it makes it difficult for you to breathe.
- If the garment irritates your skin, you may find it more comfortable to wear a light T-shirt under the binder, or pad the irritated areas with something *clean* and soft (such as fuzzy socks).

WHAT ELSE TO EXPECT

- Drainage from the incisions for the first few days.
- Swelling and bruising, which will get worse over the first few days, before beginning to improve.
- Pain and discomfort for 3 to 4 weeks, although it should gradually get better after the first 2 - 3 days.
- Expect some numbness, itching and/or tingling at the surgical sites.

WHEN TO CALL DR. GUTOWSKI or DR. MARTIN

- Fever over 101.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision or drains.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication, especially if asymmetrical.
- Persistent problems with nausea or vomiting
- **CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room**